

### Abstract

The present invention provides a foam forming die comprising an inlet 2, a hollow portion 3, and a channel 5, wherein  
5 two rotatable bodies 6a and 6b having an outer periphery substantially in the form of a true circle in cross section are disposed at one end portion of the channel 5, and the end of the channel 5 is narrowed by these two rotatable bodies 6a and 6b to form a discharge portion 9. The two rotatable bodies 6a  
10 and 6b are rotated in the molten resin discharge direction to control the flow of the molten resin, whereby heat generated due to shearing can be reduced while the pressure inside the die is maintained at a high pressure. Therefore, the temperature of the molten resin can be readily adjusted, and the flow of  
15 the molten resin can be rendered uniform. As a result, even foaming agents with low solubility can be used in a large amount, thereby facilitating foaming of various types of hard-to-foam resins.